See Mark at “Can You Be Remotely Agile?” at 3:45 pm in Potomac 4!

Visit us at agileorlando.com
Law of two feet
Whenever you ask questions from a place of curiosity instead of judgment, you are invoking guidance.

ANITA JOHNSON - EATING IN THE LIGHT OF THE MOON
Using Brain Science  Becoming Conscious  Telling Stories
Find a partner (or form a group of three).

You have five minutes to discuss.

Think of someone that you find difficult to work with. Tell your partner(s) about this person. What is it that you find difficult about working with them? Share a time you were challenged to work with this person.
BRAIN SCIENCE

Using Brain Science to Become a Better Coach
Stress Shrinks Brain Networks
Event → PAUSE → React

Conscious
This is your brain being rewired
I ❤️ Brainz!

Executive

Emotional

Survival
I ❤️ Brainz!

Survival
LIKE A GOOD NEIGHBOR

STAY OVER THERE
Let's take five minutes with our partner again.

Think of your difficult person. Imagine you are in a workplace where most people are in the Survival part of their brain. What's it like to work with your person if you are in this environment?
SCREW YOUR LAB SAFETY

I WANT SUPER POWERS
I ❤️ Brainz!

Emotional
WE LOVE CAUSING UDDER CHAOS
I said no onions.
I'M HOARDING MY KNOWLEDGE IN CASE I EVER NEED IT.
I'm not competitive I just like to **WIN**
Let's take five minutes with our partner again.

Think of your difficult person. Imagine you are in a workplace where most people are in the Emotional part of their brain. What's it like to work with your person if you are in this environment?
Rituals
You can do it!
Jobs

Job Schedule

XXX
I ♥
Brainz!

Executive
Combined Tools for Problem-Solving

We change our intention from controlling our environment to coaching for success.
We must view conflict differently
Whoever you have placed in charge of your feelings, you have placed in charge of you.
Let's take five minutes with our partner again.

Think of your difficult person. Imagine you are in a workplace where most people are in the Executive part of their brain. What's it like to work with your person if you are in this environment?
BECOMING CONSCIOUS

Pausing to choose our response
Event → PAUSE → React

Conscious
Behaviors

Emotions

Beliefs
I regret nothing.

NOTHING.
Empathy

Let’s do some emotional cardio!
List 3 – 4 needs that your person might be trying to satisfy.
My Truth

Your Truth

Shared Pool of Meaning
Focus on what you really want!
What you really want

Pick This

You have another choice!

Not This

What you really don't want
TELLING STORIES

The stories we tell ourselves change our perceptions
Perception
An Activity to Determine Intent

• A team does not close a single story as part of their sprint

• Code coverage goes down dramatically over the course of a sprint

• Someone is late to every team meeting
Thank you for ... Using Brain Science, Becoming Conscious, Telling Stories ... with us!
Answer these questions:

1. What was most helpful?
2. What was least helpful?
3. What would make this workshop better?
4. What is the top thought you will take home with you?

Remember to provide feedback through Agile2015
http://sched.co/35TG
Resources Consulted

Conscious Discipline - Building Resilient Classrooms by Dr. Becky Baily

Daring Greatly – How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead by Brene Brown

Crucial Conversations – Tools for Talking When the Stakes are High by Kerry Patterson, Joseph Grenny, Ron McMillian, Al Switzer

Conscious Discipline YouTube Channel: https://www.youtube.com/user/lovingguidance